

Banana Soft Serve

Ingredients:

- 1 sliced frozen banana
- 1 tablespoon almond butter

Directions:

Slice an over-ripe banana into small pieces and place in airtight bag in the freezer. Once frozen, place banana in food processor with almond butter. Blend until smooth



Pump it Up: Find some free wall space. Place your back against the wall and slide down until you are in a seated position. Hold for 30 seconds!



Food for Thought: Fruit can serve as an excellent dessert! Can you think of other frozen fruit that would make a tasty soft serve?

Tasty Thoughts: _____

